

Shapinsay Polka

Dance devised by Mats Melin for the St Magnus Festival, Orkney, 2003. First performed as part of the choreographic piece – Elements.

Time: 4/4 Polka time.

Music: Shapinsay Polka – 4 parts.

Formation: Round the Room.

Starting position: In couples, in waltz hold to begin.

The description below is for the man - the woman uses opposite foot throughout (unless otherwise stated).

Bars

A1

1 - 2 Heel Toe Heel Toe LF to side; step-close-step-hop to the left;
3 - 4 Repeat bars 1 - 2 contra.

5 - 6 Step hop LF, step hop RF, step-close-step-hop to the left;
7 - 8 Repeat bars 5 - 6 contra.

A2

9 - 12 Repeat bars 1 - 4.

13 - 14 Step-close-step-hop to left and to right;
15 - 16 Step-hop round 4 times.
[Waltz hold throughout this part].

B1

17 - 18 Joining right hand in right hand: Heel (2 counts), Toe (2 counts)
(Man LF, Woman RF) forward, cross over with 3 steps and put feet
together.

19 - 20 Repeat bars 17 - 18 with other foot crossing back with L hands
joined.

21 - 24 Repeat bars 5 - 8 (A1).
[Two hand hold]

B2

25 - 28 Repeat bars 17- 20 (B1).

29 - 32 Repeat bars 13 - 16 (A2).

C1

33 - 34 Step-close-step-hop to left (two hand hold); keeping holding man's R hand and woman's L hand, turn outwards and step-close-step-hop to R back to back (both hands joined back to back).

35 - 36 Repeat bars 33 - 34 back to place contra, but dance first back to back and turn to face each other on second step-close-step-hop step.

37 - 38 4 Front Steps;

39 - 40 Step-close-step-hop to left and right.
[Two hand hold].

C2

41 - 44 Repeat bars 33 - 36 (C1).

45 - 46 Repeat bars 37 - 38, [Two hand hold].

47 - 48 Repeat bars 15 - 16 (A2), [Waltz hold].

D1

49 - 52 In open hold both facing the LOD: Heel, Toe LF forwards, step-close-step-hop LF forward; 4 Front Steps.

53 - 56 Still in open hold, Heel, Toe RF forward, Step-close-step-hop RF forward; face each other and take two hand hold, 4 Front Steps.

D2

57 - 60 Repeat bars 1 - 4 (A1), [Two hand hold].

61 - 64 Repeat 45 - 48 (C2).

Repeat dance once or twice more.